

Cooking Tips



Tip 1

Start Your Sauces Strong by Building a Flavor Base

The key to creating a memorable sauce is infusing your oil with flavor that you can build upon. Here's how:

- Start with cold oil in a cold pan.
- Set the stovetop for medium/low heat and start adding your vegetables:
 - **Start with the onions.** Cook until translucent.
 - **Add other veggies**, like peppers, celery, etc. Cook until just tender.
 - **Lastly, add garlic.** Cook until fragrant and softened.

Now your oil is perfectly primed to serve as the base for any number of delicious sauces.



Tip 2

Blanch, Ice Bath, and Sauté for Perfectly Tender Vegetables

Follow these simple steps to create consistently tender veggies with just the right crunch.

- **Blanch** vegetables in hot water for about 30 minutes.
- Next, **shock** them in ice water to halt the cooking process and keep them crunchy.
- **Heat** a frying pan until it's hot enough that a drop of water "dances" across the surface.
- **Remove** the pan from heat, and add oil and vegetables, tossing them once before adding them back to the stovetop to avoid flare-up.
- **Continue** to cook, stirring frequently until fork-tender and lightly seared.



Tip 3

Using the Right Butter Alternative Can Make all the Difference

Each of these alternatives can provide the benefits of butter at a lower cost, but it's important to know which one is right for each application.

- **Liquid Margarines** are excellent for finishing dishes, but shouldn't be used for sautéing, as the water content causes spattering and burns.
- **Liquid Butter Alternative (LBA)** does not contain water and can be used in place of oil for sautéing to add color and flavor.
- **Pan and Grill** oils and sprays contain color and flavor, but no salt, which allows them to be used on flat top griddles without pitting them.

Baking Tips



Tip 1

Select the Right Product for Your Application

Different baked goods rely on fats with different qualities to accomplish their signature textures, structure, and flavor. For example:

- **All Purpose Shortening** can make an acceptable cake or icing, but **emulsified shortening** will make the lightest, fluffiest icing, or a tender cake with the most volume possible.
- **Margarines** also come in a variety of textures depending on your application.
 - **Firm margarines** are ideal for creating the layers needed for puff pastry.
 - **Soft margarines** cream easily for making cookies.



Tip 2

Maintain Product Quality Through Proper Temperature and Storage

Here are some general rules of thumb to follow when storing and using margarines and shortenings:

- Margarines and shortenings should all be used as close to 70°F as possible for optimum texture.
- Remove margarine from the refrigerator to **allow it to warm up**.
- Shortenings and margarines should all be **sealed properly** before storing:
 - Margarine prints should be rewrapped completely.
 - Cubed margarine or shortening bags should be twisted shut and the box taped to avoid air exposure and flavor transfer.



Tip 3

How You Incorporate Fat Affects the Texture of Your Bake

The method by which you incorporate a fat into a dough or batter can produce a variety of different textures.

- The **creaming method** incorporates air by mixing the shortening and sugar together for baked goods like cookies and cakes.
- The **cut-in method** keeps some distinct pieces of shortening in the final dough to create flakiness for scones and pies.
- **Hand mixing** can help you gauge the hydration of a dough and lends itself to breads and biscuits.